

4 Spirit-Filled Steps to Help You Move Your Personal Mountain

I am wondering if some of you are dealing with a mountain or two today. Perhaps it is the mountain of mental illness or the mountain of adultery.

Maybe the mountain that you are facing is the mountain of financial instability or of addiction in someone's life.

Mountains are menacing and intimidating. Mountains often seem to get in the way of advancement or of walking into one's destiny.

I have faced a mountain or two in my day as well. There was the mountain of depression ... and the mountain of infertility ... and the mountain of cancer ... and other mountains I choose not to name.

A mountain rises from the landscape of one's life and looms its dark shadow over everything in its pathway. A mountain might appear impossible to climb, too big to go around and too massive to move.

What mountain are you facing today? Let me tell you what my definition of a mountain is: A mountain is simply anything that is too large, too massive and too fixed for a man or a woman to move beyond in their own strength.

It is possible to conquer a mountain, but it is impossible to do it alone. It is possible to climb a mountain, but it is preposterous to assume that you can do it by just being you.

It is indeed possible to get around a towering elevation of sheer stone, but you need more than vitamins, a personal trainer and strong leg muscles to do so.

You need to be relentless. You need to get on your knees. You need to talk to your mountain. And you need Jesus.

Can I just coach you for a minute here? I have crushed a mountain or two in my day and I'd love to share my mountain-moving, hell-shaking, devil-whipping strategy with you!

Be Relentless

First of all, you need to be relentless!

Don't be intimidated by the mountain; the mountain should be intimidated by *you*!

Go for it! Do the next right thing! If you need counseling, go for it! If you need to ask for forgiveness, just do it!

If you need to break a bad habit, do it today and replace it with a good habit.

But whatever you do, *don't throw in the towel*. The mountain is no match for you!

Do It on Your Knees

The next thing is, to climb a mountain, you do it on your knees.

That's right. Get on your knees and lift your hands in the air!

It is the posture of all expert mountain climbers.

The mountain won't move until you move.

Move to your knees.

Pray until your voice is gone.

Pray in the dark of night. Pray at morning's first light. Pray rather than eat.

Mountains are much less terrifying when viewed from the position of on your knees.

The truth is, that mountain is terrified what will happen to it when a man or woman of faith chooses to conquer it on their knees. "The effective, fervent prayer of a righteous man [or woman] accomplishes much" (James 5:16b).

Prayer moves mountains, make no mistake about it!

Talk to the Mountain

My third piece of wisdom is this: Have you tried talking to the mountain?

Have you tried telling the mountain where to go?

God honors a man or woman who owns the holy boldness to put a mountain in its place.

"Jesus said to them, 'Because of your unbelief. For truly I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, "Move from here to there," and it will move. And nothing will be impossible for you'" (Matt. 17:20).

Let me be practical with you for a minute and put some words in your mouth. The way you talk to a mountain might sound like this:

"Mountain of infertility! Get out of my way! You will not stop God's plans and purposes for my life!"

"Mountain of financial debt! Move in Jesus' name! I will tithe. I will pay my bills. I will give. I will use wisdom. And Jehovah Jireh is my provider!"

"Mountain of discouragement, be gone in Jesus' name! I will worship through my pain. I will stay in His presence where there is always fullness of joy."

Cling to Jesus

And finally, you need Jesus.

You will never climb this mountain on your own. Take His hand.

Cling to Him. Let Him go first. Follow in His footsteps.

Be more aware of Him than you are of the mountain.

You see, my friend, when you are with Jesus, you will find that mountain climbing becomes a walk in the park.

When your closest companion and dearest Friend is your Savior, you will discover there is no mountain that will obstruct your view or impede your pathway.

He will always lead you beside quiet waters and give you rest in the green pastures.

Always.

Thanks for listening to my heart this week. As you know by now, my heart is truly not a perfect heart but one that is filled to overflowing with gratitude for the life I have been given and the people who walk with me. And, it continues to be a heart that is relentlessly chasing after God and all that He is! {eoa}

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This article originally appeared at .

For more mountain-moving encouragement from Carol McLeod, listen to the podcast included with this article!